REAL WELLNESS - IT'S WHAT'S NEW IN WELLNESS TODAY

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What is wellness?

- ???
UPSTREAM/DOWNSTREAM – A FABLE FOR OUR TIMES
What is REAL Wellness?

- A positive approach to living.
- It is not a product, a healing remedy or a medical service.
- REAL is a modifier for the term wellness – an attempt to rescue the term from a great deal of woeful misuse.
- It’s an acronym that highlights four vital wellness qualities that are usually neglected or ignored.
REAL stands for nothing less than:

- Reason
- Exuberance
- Athleticism
- Liberty
FOUR DISTINCT QUALITIES

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2. It encourages joy, pleasure, fun, delight – not coping.
3. It promotes and entails maximum choice, freedom and liberty – not rules or restrictions.
4. It focuses of advances in quality of life – not risk reduction, illness management or life extension.
Inspired by Gary Larson, comic genius of “The Far Side.”

"Just think...Here we are, the afternoon sun beating down on us, a dead, bloated rhino underfoot, and good friends flying in from all over...I tell you, this is the best of times."

Daily DBRU Equivalents

- Inspired by Gary Larson, comic genius of “The Far Side.”
- Helps to define the best times of your life.
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- 23 DBRU equivalents recommended for each day of your life.
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- Helps to define the best times of your life.
- 23 DBRU equivalents recommended for each day of your life.
- “May all your dead rhinos be totally bloated on this lovely day.”
SUSTAINING A WELLNESS LIFESTYLE

Tips for success:

- Talk about your wellness ideas every chance you get and ask co-workers and friends to talk about theirs.
- Keep a proper perspective on the “big picture.” Try not to lose sight of the fact that neither you nor the Earth you inhabit is the center of the universe and that, next century at this time, you will be dead.
- Resist boredom as vigorously as you would oppose exposing yourself to plagues, venomous snakes and tobacco smoke.
- Find as many people to love as possible. Some of them will probably love you back, or at least be nicer to you.
SUSTAINING A WELLNESS LIFESTYLE

Tips for success:

- Take a few chances, risks and opportunities to stretch your horizons.
- Be grateful, honest and friendly, tell the truth, make friends and be loyal to them, seek challenging and fulfilling work, exercise daily, eat wholesome food, take responsibility, set worthy goals, play a lot, be kind to animals and children, have adventures, laugh as much as possible and look for joy at every opportunity.
FOR MORE INFORMATION OR PROGRAMMING ASSISTANCE

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For more information

- Resources:
  - www.seekwellness.com
  - http://students.umw.edu/wellness/
THANK YOU